

INSIGHTS



Members in Natal, Brazil.

What can we do to make the Sabbath a delight?

“The Sabbath provides a wonderful opportunity to strengthen family ties. . . . We make the Sabbath a delight when we teach the gospel to our children. . . . In addition to time with family, you can experience true delight on the Sabbath from family history work. . . . Make the Sabbath a delight by rendering service to others, especially those who are not feeling well or those who are lonely or in need.”

President Russell M. Nelson, President of the Quorum of the Twelve Apostles, “The Sabbath Is a Delight,” *Ensign or Liahona*, May 2015, 130, 131.